

CARE OF THE SKIN

Roughly 60% of the patients that we see have some sort of skin-related concerns, whether major or minor. The following simple skin health guidelines apply to those who have skin trouble or those who simply want to care for their skin more efficiently.

In some cases, skin conditions are simply caused by external factors. For example, chemicals in beauty products or other environmental stressors. Much more commonly, I find that there is a combination of internal and external factors leading to skin problems. In Oriental Medicine, the lungs govern the function of the skin. The liver and skin work together in eliminating toxins from the body.

Here are some guidelines to follow to optimize skin function:

- Use treatments that enhance Lung, Liver, and skin function. This includes Acupuncture and Chinese Herbal Medicine.
- Reduce/eliminate the intake of toxic substances such as refined sugar, alcohol, nicotine, caffeine, deep-fried foods, processed foods, and preservative laden foods. These things are filtered out of the blood stream by the Liver, therefore may be distributed to the skin viz the Liver.
- Reduce/eliminate the use of skin products containing chemicals. Follow this maxim: do not place items on the skin that you would not eat! Always use effective, non-toxic treatments that don't have petroleum based ingredients.
- Filter your municipal shower water. Vaporized chlorine from a showerhead will severely dry and agitate skin. We carry an easy-to-install water filter.
- Drink spring water. Avoid chlorinated municipal water.
- "Margarita Complexion Formula" by Golden Flower treats acne. (Available at AHHA)
- Vital supplements to use:
 - Vitamin B-2 (alone, without the complex): 100mg/day. B-2 facilitates the skin's use of oxygen. (Available at health food stores)
 - Vitamin C with bioflavonoids: 1000mg/day. Vitamin C aids in the healing of skin (Available at AHHA)
 - Evening Primrose Oil: 2 capsules/day. (Available at health food stores)
 - Trace Minerals with selenium: 1 table/day. These minerals assist with a variety of skin conditions (Available at AHHA)
- Alba organic fragrance-free moisturizing lotion. (Available at health food stores)
- "All-one" soap. I strongly recommend avoiding the use of commercial soaps, especially those that contain triclosan. (Available at health food stores)
- Use deodorants that are aluminum free. (available at health food stores)
- For existing skin problems, I've found that the skin does respond best to a rotation of the following possible topical products (use one for 2-3 weeks, the switch to another):
 - Zinc Spray (Available at health food stores)
 - White flower oil (to clear heat conditions) (Available at AHHA)
 - Home Health's Psoriasis Cream (Available at health food stores)
 - Home Health's Anti-Fungal Lotion (Available at health food stores)
 - Vitamin E Lotion (Available at health food stores)
 - Herbs for Kids' Super Kid's Salve (Available at AHHA)
- For burns and scars, the BEST remedy known today is a Chinese ointment, "Ching Wan hung." (Available at AHHA)
- Tea Tree oil is a very effective antiseptic. (Available at health food stores)
- Red Marine Algae fights all strains of the herpes virus (cold sores, shingles, etc.). (Available at AHHA)
- A Chinese liniment, "Wan Hua Oil" treats toenail fungus effectively. (Available at AHHA)

The above recommendations are general suggestions; I suggest speaking to me regarding specific questions or unique circumstances. I will try to do my best to help you as I can!

Healthfully,

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